

Table 6. Pollutant-Specific Cautionary Statements for the Air Quality Index (AQI)

AQI Category	Ozone (ppm)		Particulate Matter ($\mu\text{g}/\text{m}^3$)		Carbon Monoxide (ppm) [8-hour]	Sulfur Dioxide (ppm) [24-hour]	Nitrogen Dioxide (ppm) [1-hour]
	[8-hour]	[1-hour]	PM _{2.5} [24- hour]	PM ₁₀ [24- hour]			
Good	None		None	None	None	None	None
Moderate	Unusually sensitive people should consider limiting prolonged outdoor exertion.		None	None	None	None	None
Unhealthy for Sensitive Groups	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.	Active children and adults, and people with respiratory disease, such as asthma, should limit heavy outdoor exertion.	People with respiratory or heart disease, the elderly and children should limit prolonged exertion.	People with respiratory disease, such as asthma, should limit outdoor exertion.	People with cardiovascular disease, such as angina, should limit heavy exertion and avoid sources of CO, such as heavy traffic.	People with asthma should consider limiting outdoor exertion.	None
Unhealthy	Active children and adults, and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion; everyone else, especially children, should limit prolonged outdoor exertion.	Active children and adults, and people with respiratory disease, such as asthma, should avoid heavy outdoor exertion; everyone else, especially children, should limit heavy outdoor exertion.	People with respiratory or heart disease, the elderly and children should avoid prolonged exertion; everyone else should limit prolonged exertion.		People with cardiovascular disease, such as angina, should limit moderate exertion and avoid sources of CO, such as heavy traffic.	Children, asthmatics, and people with heart or lung disease should limit outdoor exertion.	None

Table 6. Pollutant-Specific Cautionary Statements for the Air Quality Index (AQI) (Cont.)

AQI Category	Ozone (ppm)		Particulate Matter ($\mu\text{g}/\text{m}^3$)		Carbon Monoxide (ppm) [8-hour]	Sulfur Dioxide (ppm) [24-hour]	Nitrogen Dioxide (ppm) [1-hour]
	[8-hour]	[1-hour]	PM _{2.5} [24-hour]	PM ₁₀ [24-hour]			
Very Unhealthy	Active children and adults, and people with respiratory disease, such as asthma, should avoid all outdoor exertion; everyone else, especially children, should limit outdoor exertion.	Active children and adults, and people with respiratory disease, such as asthma, should avoid all outdoor exertion; everyone else, especially children, should limit outdoor exertion.	People with respiratory or heart disease, the elderly and children should avoid any outdoor activity; everyone else should avoid prolonged exertion.	People with respiratory disease, such as asthma, should avoid any outdoor activity; everyone else, especially the elderly and children, should limit outdoor exertion.	People with cardiovascular disease, such as angina, should avoid exertion and sources of CO, such as heavy traffic.	Children, asthmatics, and people with heart or lung disease should avoid outdoor exertion; everyone else should limit outdoor exertion.	Children and people with respiratory disease, such as asthma, should limit heavy outdoor exertion.
Hazardous	Everyone should avoid all outdoor exertion.	Everyone should avoid all outdoor exertion.	Everyone should avoid any outdoor exertion; people with respiratory or heart disease, the elderly and children should remain indoors.	Everyone should avoid any outdoor exertion; people with respiratory disease, such as asthma, should remain indoors.	People with cardiovascular disease, such as angina, should avoid exertion and sources of CO, such as heavy traffic; everyone else should limit heavy exertion.	Children, asthmatics, and people with heart or lung disease should remain indoors; everyone else should avoid outdoor exertion.	Children and people with respiratory disease, such as asthma, should limit moderate or heavy outdoor exertion.